

### Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) Method of cosmetically treating ~~substantially healthy~~ human skin by topically or orally administering a composition comprising spermine and/or spermidine in free or salified form as active principle to ~~substantially healthy~~ human skin to improve hydration and maintain ~~health and~~ beauty of the skin and skin appendages.

2. (Currently Amended) Method of cosmetically treating ~~substantially healthy~~ human skin by topically or orally administering a composition comprising spermine and/or spermidine in free or salified form as active principle to ~~substantially healthy~~ human skin to improve hydration ~~at least one of the following properties of substantially healthy~~ the human skin: ~~hydration, elasticity, and cell renewal.~~

3. (Currently Amended) Composition for ~~pharmaceutical or dietary or~~ cosmetic use for administration in humans with a restriction to improve hydration and maintain ~~health and~~ beauty of ~~substantially healthy~~ human skin and skin appendages characterised in that the composition comprises as active principle spermine or spermidine or both, in free or salified form.

4. (Currently Amended) Composition for ~~pharmaceutical or dietary or~~ cosmetic use for administration in humans so as to improve hydration ~~at least one of the following properties of substantially healthy~~ human skin: ~~hydration, elasticity, cell renewal,~~ characterised in that the composition comprises as active principle spermine or spermidine or both, in free or salified form.

5. (Previously Presented) Composition according to claim 3, characterised in that it also comprises methyl sulfonyl methane or methionine, vitamin C, vitamin E, Vitamin B6, calcium d-panthotenate, d-biotin, zinc (as aminoacid chelate), copper (as aminoacid chelate), manganese (as aminoacid chelate) and a source of organic selenium.

6. (Previously Presented) Composition according to claim 3, characterised in that it comprises:

Methyl sulfonyl methane	200 mg
Spermidine trihydrochloride	0.25-0.5 mg
Vitamin C	60-90 mg
Vitamin E (dl-alfa tocopherol)	33 mg
Vitamin B6 (Pyridoxine)	3.7 mg
Calcium d-Pantothenate	4 mg
d-Biotin	0.23 mg
Zinc (as aminoacid chelate)	7.5 mg
Copper (as aminoacid chelate)	1.25 mg
Manganese (as aminoacid chelate)	2.25 mg
Selenium (as Se yeast)	0.03 mg

7. (Previously Presented) Composition according to claim 3, characterised in that it is suitable for oral administration.

8. (Previously Presented) Composition according to claim 3, characterised in that it is suitable for topical administration of a lotion or cream.

9. (Previously Presented) Composition according to claim 4, characterised in that it also comprises methyl sulfonyl methane or methionine, vitamin C, vitamin E, Vitamin B6, calcium d-panthotenate, d-biotin, zinc (as aminoacid chelate), copper (as aminoacid chelate), manganese (as aminoacid chelate) and a source of organic selenium.

10. (Previously Presented) Composition according to claim 4, characterised in that it comprises:

Methyl sulfonyl methane	200 mg
Spermidine trihydrochloride	0.25-0.5 mg
Vitamin C	60-90 mg
Vitamin E (dl-alfa tocopherol)	33 mg
Vitamin B6 (Pyridoxine)	3.7 mg
Calcium d-Pantothenate	4 mg
d-Biotin	0.23 mg
Zinc (as aminoacid chelate)	7.5 mg
Copper (as aminoacid chelate)	1.25 mg

Manganese (as aminoacid chelate)	2.25 mg
Selenium (as Se yeast)	0.03 mg

11. (Previously Presented) Composition according to claim 4, characterised in that it is suitable for oral administration.

12. (Previously Presented) Composition according to claim 4, characterised in that it is suitable for topical administration of a lotion or cream.

13. (New) Composition according to claim 7, wherein free spermine and/or spermidine is present in an amount of about from 0.02 to 0.04% by weight in an oral administration unit.